

iPulse

THE DAILY HEARTBEAT OF LYNN UNIVERSITY

Below: President Trump (left) and Joe Biden (right) candidates for President running in the 2020 United States election. Photo/Getty Images.

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A Guide to Florida's 2020 Election



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EARLY VOTING IS ON THE RISE

MORE THAN 4 MILLION PEOPLE HAVE ALREADY VOTED IN THE 2020 ELECTION

More than four million votes have already been cast in this year's election, marking a significant increase over the 75,000 votes recorded in 2016 according to the United States Election Project.

Early voting is a straightforward process, whether it takes place by showing up to the local

polls or even applying and receiving an absentee ballot in the mail. As of right now, it is expected that there will be a record-breaking turnout of around 150 million votes by election day tomorrow.

"I voted early this year because I feel it is imperative to society that everyone gets



By: Nicholas Vannicola
Staff Writer

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4. Photo that encourages people to go vote and share their opinion because every vote counts. Photo/ @NCSCgov via Twitter.

5. Doris Kearney Goodwin signing her American biography, "Leadership In Turbulent Times." Photo/@dorisgoodwin via Instagram.

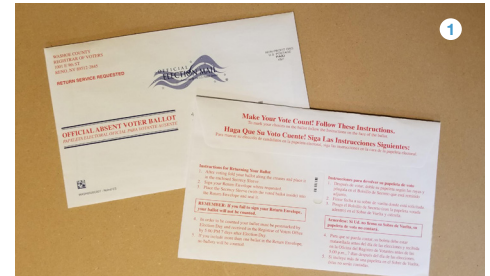
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a chance to vote," said Emma Carlson, senior. "During this one, in particular, people are worried about voting early because of how crucial this year's election is."

There are also many benefits to early voting, such as reducing wait times on election day and early voting to increase turnout and expand the electorate. According to the National Conference of State Legislatures, two-thirds of states now offer some form of early voting.

"We've never seen this many people voting so far ahead of an election," said Michael McDonald, professor of political science at the University of Florida.

Voting is important not only because every voice matters, but also because voters can seek change within the next four years.



1. A photo of what the absentee ballot looks like once receiving it in the mail. Photo/KUNR.

2. What to expect when arriving at a local voting poll. Photo/Getty Images.



FACEBOOK EXPANDS RESTRICTIONS

FACEBOOK EXPANDS POLITICAL ADVERTISING BANS

President Donald Trump has repeatedly made claims of voter fraud that could erode the results of the election. In response to these claims, Facebook has prohibited advertisements that make premature declarations of victory, as well as restrictions on new political ads that convey misinformation about COVID-19.

Social media sites have expanded on these restrictions by declaring they will not allow political advertisements with content that seeks to delegitimize election results.

These banned ads “would include calling a method of voting inherently fraudulent



By: Abby Sears
Contributing Writer

or corrupt, or using isolated incidents of voter fraud to delegitimize the result of an election,” said Rob Leathern, Facebook’s director of product management.

The ban also includes advertisements that portray voting or census participation as pointless, as well as ads that call the election into question.

Facebook has already been under fire in the past and has been called out by critics for its poor fact-checking policies.

“I think Twitter has been much more aggressive around these issues,” said Gary Carlin, associate professor, advertising and public relations. “Facebook should really follow their lead; I understand the issue of freedom of speech but spreading disinformation [that appears to be news] should be monitored and regulated more by social media companies.”

Many Facebook users and voters have criticized Facebook’s response and believe restrictions should have been put into place following the previous election results.

“This is something Facebook should have been doing from the start,” said Sydney Vezza, senior. “This is such an important decision all U.S. citizens have to make.”

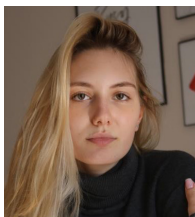
Facebook is currently the number one social media platform in the United States. According to research conducted by Statista, 223 million Americans use Facebook, which makes it a powerful tool and an advertising hub spot, as it is present in so many people’s lives.

“The influence that politics have on social media is significant,” said Seth Albert, senior. “Advertising is heavily used on social media, making it extraordinarily present in our daily lives, which could alter perceptions and ideas.”

SPLIT NATIONS

STUDENTS AROUND THE GLOBE SHARE THEIR OPINION ON THE ELECTION

President Donald Trump and former Vice President Joe Biden created a buzz of controversy in the United States and around the world due to their opposing views in the upcoming election.



By: Ana Luiza Caovilla
Staff Writer

“Both candidates are ridiculous and are going to be bad for the country (U.S.) in different ways,” said Anna Carolina from the United States. “I think if Trump wins, rights will continue to be slowly taken away from us.”

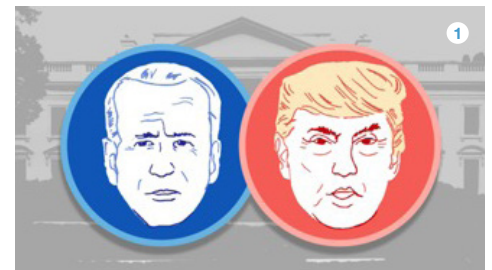
The outcome of the elections can impact people from all over the world. Although some more drastically than others, each country’s safety and economics are affected by the political leader of the U.S.

“It will definitely impact Russia, whether it’s more sanctions from Biden or fake news from Trump,” said David Sarkissov from Russia. “Regardless of the outcome, Russia is never in a great position with the United States, although we would really like to be.”

Students are finding it very hard to predict the outcome of the election, while others have not been keeping up with the ballot.

“I have not been keeping up with the election because I don’t have time, so I don’t really have an opinion on it,” said Sabrina Ceppas from Canada. “I do, however, know that it will definitely affect Canada one way or another.”

With election day results soon enough, voters will quickly know the leader of the United States.



1 Two candidates pin illustration. Photo/Financial Times.

2. A voter exercising the right to vote for his candidate. Photo/Deccan Herald.

AN INTERNATIONAL PERSPECTIVE

INTERNATIONAL STUDENTS SHARE THEIR OPINIONS ON THE 2020 ELECTION

For two consecutive years, Lynn has held the number one spot in the U.S. News & World Report for "Most International Students, Regional Universities South." Although many members of the campus community cannot vote in the upcoming election, many are passionate about the process.



By: Federica Pezzana
Staff Writer

The elections are well advertised throughout the media and on social media platforms. Many students from around the globe witness the American voting experience and environment first-hand.



Above: Photo that encourages people to go vote and share their opinion because every vote counts. Photo/ @NCSCgov via Twitter.

"It is interesting to follow the debates and the election even if I am not able to vote, because the president who gets elected has control over the laws of international people too, so it does involve me," said Giovanni Guaschino, a sophomore from Italy.

Every country has its way of organizing elections with different parties and political systems. Still, the idea of it could be similar even if in different environments.

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UNDECIDED?

HERE IS A QUICK RECAP OF THE PRESIDENTIAL DEBATES THROUGH A SOCIAL MEDIA LENS

This past month, the presidential debates took place, and social media users, primarily through Twitter, have frequently been speaking about these events.



By: Gretchen
Lembcke Peña
Staff Writer

The first debate took place on Sept. 29, and both candidates heatedly interrupted each other rather than discussing their arguments. Former vice president Joe Biden spent most of the time chuckling at president Donald Trump's statements, while the latter continued to argue with the moderator. Twitter users were quick to voice their opinions on this, expressing how they felt about what they were all viewing on live T.V.

Various people called the first debate a "dumpster fire" and "a train wreck" since nothing was argued between both candidates. Twitter users quickly criticized the debate's moderator, Chris Wallace, for not standing his ground when things became heated.

"I just have to say that Chris Wallace did a very poor job," said Twitter user @JustinC86837641. "He lacked control, and many of his questions were biased."

The next debate, which was scheduled for Oct. 15, was canceled due to concerns regarding the coronavirus pandemic. Until the final debate, people were nervously anticipating what was to come from the candidates when they reunited on stage. On Oct. 21, the day before the event, Twitter was filled with assumptions and predictions on what would occur.

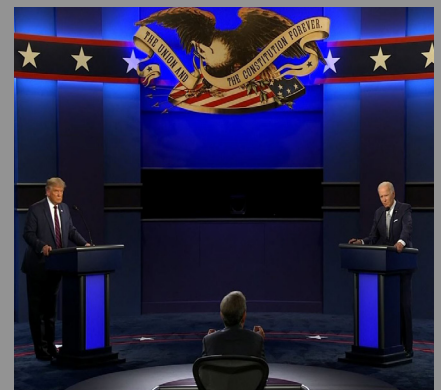
"For what it's worth, a virtual debate would be even more incoherent and useless than the first in-person was," said Twitter user @YOitscharlie.

When Oct. 22 finally arrived, #PresidentialDebate was immediately the number one trending hashtag on Twitter, where everyone was live-tweeting their opinions. The topics that were most talked about by Twitter users were healthcare, the coronavirus and issues concerning minorities. Biden, being from the Democratic party, had more liberal views, while Trump, from the Republican party, had more conservative ones; considering the country's current state, many responded negatively to many of the latter's comments on the topic of minorities.

"Biden just said that there's 525,000 kids from immigrant parents locked in cages not knowing where they're going to go," said Twitter user @aquastarlightss. "And Trump said GOOD?"

On the other hand, Republicans were angered by the fact that President Trump's microphone had been cut off due to various interruptions he had done when former Vice President Biden spoke. However, it was mentioned before the debate began that microphones would be muted if too many interruptions occurred from either side.

"Thank you, microphone mute button and @kwelkernbc for a far better debate," said Twitter user @Atul_Gawande.



Above: President Trump and Former Vice-president Biden at the first presidential debate. Photo/via 9And10News.

LEADERSHIP LUNCHEON

DORIS GOODWIN LOOKS UPON PAST PRESIDENTS FOR FUTURE LESSONS

Lynn University's Student Involvement Center recently hosted a luncheon series via Zoom to discuss what makes an individual a successful leader.



By: Emily Christensen
Managing Editor

The students heard from the famous American biographer, Doris Kearney Goodwin, in a series of segmented videos about lessons to learn from past leaders. Goodwin discussed the leadership traits of the four historical figures: Teddy Roosevelt, Franklin Roosevelt, Abraham Lincoln and Lyndon Johnson, after analyzing their behaviors from a journalist's perspective.

These United States presidents defined leadership as the ability to use talents, skills and emotional intelligence to mobilize people for a common purpose. It is not an individual practice but rather a team effort. A leader must work in group settings, be challenged by others' ideas and create a sense of hope for the people.

"Good leadership requires you to surround yourself with people of diverse perspectives who can disagree with you without fear of retaliation," said Goodwin, American biographer.

According to Goodwin, the common purpose among leaders is to make a positive difference in people's lives. Small actions and seemingly unimportant people can make positive changes; a person does not have to be the United States president to make a positive impact. Someone can make monumental changes by simply following their passion for the greater good of the world.

The drive for success, otherwise known as ambition, is another critical component of leadership. Abraham Lincoln was born with ambition. He said, "I will prepare, and someday my chance will come," and eventually went down in history as one of America's most ambitious change-makers.

Self-reflection is one more critical aspect of leadership. Learning that nothing comes easy is usually a hard pill to swallow. However, according to Goodwin, embracing humility

amid a crisis is essential to self-growth.

When learning how to control anger in a leadership position resiliently, Goodwin recommends writing a "hot note." The notes are meant to be written to a particular person when an individual is hot-headed, but not sent so the writer can calm down and determine if the battle is worth fighting. Abraham Lincoln used this method several times in his presidential days.

This method can be used in forms of e-mail, text or social media in today's society. It is so easy to send a message that can never be erased instantly. Writing a "hot note" will allow the individual to take a step back and reflect, rather than doing something they will later regret.

"Lynn defines resilience as the ability to adapt positively to new experiences or challenges," said Jaclyn Kuwik, director of student involvement.

To learn more about being a leader on campus, contact the Director of Student Involvement at jkuwik@lynn.edu.



Above: Doris Kearney Goodwin signing her American biography, "Leadership In Turbulent Times." Photo/@doriskgoodwin via Instagram.

HOW TO VOTE PROPERLY DURING A GLOBAL PANDEMIC

PRECAUTIONS CITIZENS SHOULD TAKE TO VOTE

With Election Day tomorrow, many will be adjusting to the proclaimed "new normal" as they run to the polls to cast their votes.



By: Alexis Weisblum
Staff Writer

Precautionary measures for voting have been implemented, including mandatory masks, social distancing while voting and more. Citizens also took advantage of early voting periods in an attempt to avoid long lines and potential crowds.



Above: Nicky Vannicola holding his license showing that he is legal to vote. Photo/A.Weisblum.

"It's important to use your right to vote as an opportunity for change," said Nicky Vannicola, junior.

In an effort to stay safe, some citizens opted to have their ballots pre-filled and returned to the polls on Election Day.

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"Every vote counts, and it's important because we stand for our country," said Alyssa Mencucci, junior.

Whether Lynn students plan to run to the polls tomorrow, participated in early voting periods or mailed in their ballot, this year was unique due to safety measures during this crucial time in history.

"Voting is a huge step in making our society better," said Victoria Napolitano, junior. "By being registered and going out to vote, many are creating change and showing how important it is to vote and make a difference for our future."



1. Victoria Napolitano with a Biden hat on her head and sunglasses.
2. Student Alyssa Mencucci with Donald Trump stickers on her cheeks. Photo/A. Weisblum.

YOUR BALLOT IN PLAIN ENGLISH

A GUIDE TO FLORIDA'S 2020 ELECTION



By: Dr. Robert P. Watson
Distinguished Professor of American History,
Lynn University

When is Election Day?

Tuesday, November 3, 2020 (Election Day is always the first Tuesday after the first Monday in November.)

Where do I vote?

Your Voter Identification Card will list the location of your precinct/polling site or you can simply contact the Supervisor of Elections in your county. Each county operates many polling sites, so your assigned precinct will be near your home. You must vote in your assigned polling site on Election Day (unless you vote by mail). The polls are open from 7:00 AM to 7:00 PM.

Sample Ballot

Florida is a "Republican trifecta" state, in that the political party controls the governorship, state senate, and statehouse, and has done so for several years. Furthermore, both of Florida's U.S. senators, the majority of the state's U.S. House delegation, and control of most of the state's 67 counties are Republican.

- U.S. Senate: 2 Republicans; 0 Democrats
- U.S. House: 14 Republicans; 13 Democrats
- Florida State Senate: 23 Republicans; 17 Democrats
- Florida State House: 73 Republicans; 47 Democrats
- Florida 2016 presidential election results
- Donald J. Trump 4,617,886
- Hillary Rodham Clinton 4,504,975

HELPFUL SOURCES

Vote411 (League of Women Voters)

This site offers customized information on your ballot, your local races, and an online voter guide. It is hosted by the League of Women Voters. Simply enter your address on the prompt and you can get information on your ballot and candidates.

PolitiFact

PolitiFact, a division of the Tampa Bay Times newspaper, is an independent fact-checking website aimed at reporting the truth in politics. They were awarded the Pulitzer Prize in 2009. The website checks statements from elected officials for accuracy using the site's Truth-O-Meter.

Open Secrets (Center for Responsive Politics)

The Center for Responsive Politics is a nonpartisan, independent, and nonprofit research group tracking money in U.S. politics. The Center's mission is to inform citizens about the impact of money in politics, empower voters by providing unbiased information, and advocate for a transparent and responsive government.



Above: Open Secrets logo from www.opensecrets.org.

Project Vote Smart

Project Vote Smart is dedicated to strengthening what they believe to be the most essential component of democracy—access to information. They take no money from special interest groups, PACs, and corporations and report information on candidates for public office.

Fact Checker (Washington Post)

The truth behind the political rhetoric and claims, fact-checked by journalists known as the “truth squad.”

Fact Check (Annenberg Public Policy Center at the University of Pennsylvania)

Fact Check is a nonpartisan, nonprofit advocate for voters with a goal of reducing deception and confusion in politics and campaigns by monitoring the factual accuracy of statements by politicians and newsmakers.



Above: Fact Check is a nonpartisan, nonprofit advocate for voters.

Ballotpedia

A helpful service that allows voters to see sample ballots, find out which candidates and measures are on the ballot, and other information on campaigns and elections.

Judgepedia (Lucy Burns Institute)

Judgepedia provides information on judges, courts, and elections for judicial positions. It provides an interactive almanac on judges across the country.

10 COMMON VOTING MYTHS

Myth 1: If your name doesn't appear on the voter roll at the polling site you can't vote. No, you can vote but you will need to do so with a provisional ballot.

Myth 2: If you recently moved and forgot to inform the election office you can't vote.

No, you can still vote as long as you live in the state and are a registered voter, but you will need to vote with a provisional ballot.

Myth 3: Mail-in ballots really don't count unless there is a tied election.

No, they count like regular ballots in every state and are counted irrespective of how close the election might be.

Myth 4: You are unable to bring notes or a checklist into the voting booth with you.

No, you are permitted to bring a helpful voting tip sheet with you. In fact, it will help you and shorten the time required to vote.

Myth 5: If you wear a political shirt or candidate's button, you'll be turned away at the polls.

No, if you are a registered voter you can't be turned away unless you are disruptive or breaking a law. However, active campaigning is prohibited in the voting area.

Myth 6: If you have an unpaid parking ticket you can't vote.

No, you can vote even if you have unpaid parking tickets, owe child support, and so on. Polling sites do not have information about such matters.

Myth 7: If you were registered to vote by ACORN your registration is invalid.

No, as long as the individual(s) registering you (from any organization) filed accurate information with the elections office you are registered.

Myth 8: If you leave a race unmarked on your ballot, your entire ballot will not be counted.

No, you are free to vote or not vote for any candidate in a particular race. If you leave one race blank, that is called an “under-vote.”

Myth 9: If I am still in line to vote at 7:00 PM, the poll closes and I can't vote.

No, as long as you are in line by 7:00 PM (when polls close), the polling site must accommodate you, even if it takes until after 7:00 PM.

Myth 10: I can't register to vote using my school address because I will be dropped from my parents' health insurance coverage.

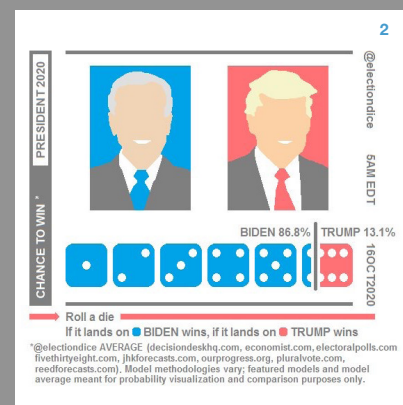
No, you will not be dropped.

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“Even if I am not allowed to vote, it is fascinating watching the debates as well as how candidates promote themselves in a different country,” said Carlo Pezzana, senior from Italy. “I found it interesting to see how influencers and famous people are promoting voting on social media too.”

Civic engagement is significant at Lynn, and several Lynn community members are eager to see the outcome of the upcoming election.

“I enjoy learning about politics in general, so it is interesting to see how things unfold in the States,” said Karolina Smylek, a senior from Poland. “It is interesting to see how people face politics so that I can analyze the differences between my country and the one in which I am studying.”



1. Flag of the United States of America. Photo/ @ intheunion2020 via Twitter.

2. Former Vice President, Joe Biden, and President Donald Trump. Photo/ @electiondice via Twitter

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ELECTION FORWARD

In 24 hours, the people will decide what the next four years will look like in the United States. Four years ago, history was made when Donald Trump became the first president-elect of the United States without prior military or government experience. This year, history will be made once again when the people decide to elect President Trump or former Vice President Joe Biden. This week's edition is a theme that occurs every four years and will not be seen again until 2024. Our staff writers covered many stories about both candidates and their impact on the country and thoughts about the elections from students worldwide at Lynn.

Like many of our readers, this is the first presidential election that we can vote for the candidate of our choice. I remember on my 18th birthday registering to vote in my home state.



By: Kathryn Hubbard
Editor-in-Chief

I was so excited to become an active citizen by voting that November. This past March, I voted in the North Carolina Primaries. After I left the polling station, I felt proud to be a United States citizen--I had the power to determine the candidates for the political party I belong to.

Voting is not a partisan issue-- voting is a constitutional right to unite Americans. As United States Citizens, we are the voice for this nation. It is we, the people, that decide who our leaders will be. Each election year, we determine who has the privilege of holding the highest office in the country. By voting, we have the power to decide our future for the next four years.

As we vote, I want us to remember what voting rights activist John Lewis once said, "My dear friends, your vote is precious, almost sacred. It is the most powerful, non-violent tool we have to create a more perfect union."

For voting information in Florida, visit myfloridaelections.com.



Image from news.sky.com.

iPulse

THE DAILY HEARTBEAT OF LYNN UNIVERSITY



4 STRANDED AT HOME

U.S. Travel Ban Leaves Brazilian Students Stranded Without Hope



7 THE HEART OF CAMPUS

Christine E. Lynn University Center is the One-Stop-Shop for Studying and Snacks



Above: The Lynn community, over the years, supports and celebrates each other and keeps this pledge today. Photo/LU Photos.



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IS BLACK LIVES MATTER CONTROVERSIAL?

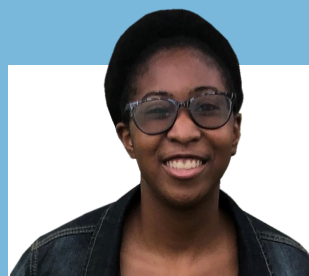
LYNN STUDENTS DISCUSS WHY BLM IS CONTROVERSIAL

Since the late George Floyd's death, Black Lives Matter has come back heavily into the media. Some students continue to speak on injustice to this day. Others rather stay out of it. Why?

The Black Lives Matter organization is a political and social movement that

advocates against all racially motivated violence against black people, specifically police brutality.

The movement started by Alicia Garza, Patrisse Cullors and Opal Tometi in 2013 was in response to the acquittal of Trayvon Martin's murderer. It's now a global organization



By: Xavia Williams
Staff Writer

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COMING TO A GROCERY STORE NEAR YOU

Amazon Opens its First Full-Size, Cashier-less Grocery Store.

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By Claire McCabe

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in the United States, United Kingdom, and Canada with 40 chapters more than seven years later.

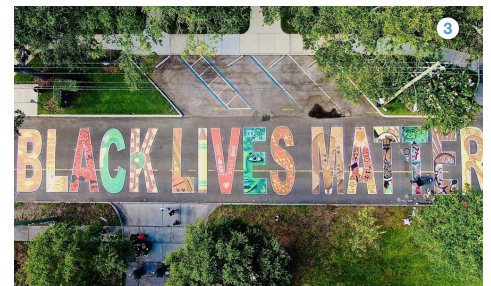
While the organization tries to show non-violent civil disobedience in protest, they recently have not turned out in the best conditions.

After Floyd's killing went viral for the world to see, many protests have descended into rioting in every state in America. The rioting has changed many's perceptions of the movement's real intentions. Some would even consider BLM a controversial topic to discuss.

"I feel as though that Black Lives Matter can easily be controversial due to the large amount of people that abuse the movement for their own personal gain," said Brianna Cirillo, sophomore. "I hope that one day it can be a discussion rather than a debate but everyone's entitled to their own opinion. However, it saddens me that people are opposed to their purpose because of someone else's actions."

Other students feel as though there should be no controversy regarding the topic.

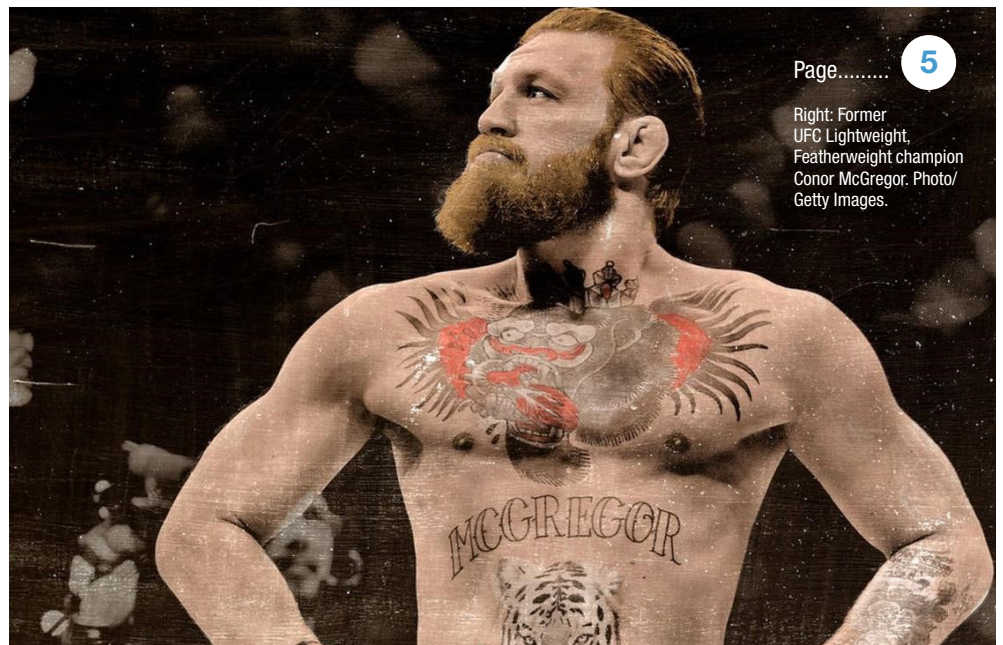
"I think it is, but it shouldn't be," said Centurie Hill, senior. "I don't understand why there's controversy over protecting people and wanting to save their lives."



1. Protesters hold up a George Floyd painting at the Borough Hall in New York City. Photo: Angela Weiss/ AFP via Getty Images.

2. Community organizations and activists demand police accountability at Grand Central Terminal to commemorate the fifth anniversary of Mike Brown's death. Photo: Erik McGregor/ LightRocket via Getty Images.

3. St. Petersburg, FL Black Lives Matter Street Mural. Photo: Nola Laleye via Tampa Bay Business Journal.



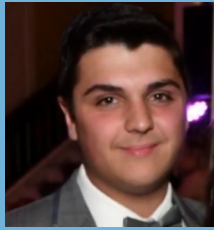
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Right: Former UFC Lightweight, Featherweight champion Conor McGregor. Photo/ Getty Images.

COMING TO A GROCERY STORE NEAR YOU

AMAZON OPENS ITS FIRST FULL-SIZE, CASHIER-LESS GROCERY STORE

Based in Amazon's hometown of Seattle, the new Amazon Go grocery store allows customers to shop for everyday grocery items like fresh produce, meats, wine and spirits as well as more.



By: Nicholas Vannicola
Staff Writer

Shoppers can walk in, scan a QR code from their Amazon mobile app, and begin shopping as the sensors in each cart tracks the items being placed. When the customer exits the store, their cart is checked out automatically using their payment card on file.

Amazon is incorporating other products and technology into the shopping experience, including an Alexa kiosk to provide customer assistance.

"When we announced the Amazon Fresh store, we promised consistently low prices for all and free same-day delivery for Prime members. We're excited to make due on that promise as well as introduce even more low prices," said Jeff Helbling, vice president of Amazon Fresh Store, in a company statement.

Amazon Go stores use overhead cameras and computer vision technology to track both shoppers and items throughout the store. That way, the system can identify when a specific person has placed an item into their cart.

"I think what we're trying to do here – and with all of our physical stores – is really work backwards from the customer, and deliver some differentiation," said Cameron Janes, vice president of Amazon's Retail Division, in a company statement.

The new store is stocked with about 5,000 items, including fresh produce, bakery

treats like donuts, household items, a full liquor section and a self-serve coffee bar.

Every item is priced individually, meaning no weighing is required for produce. For example, bananas are 19 cents each and avocados are 49 cents.

"While purchasing Whole Foods in the past, Amazon opening up the Go store is a smart, yet innovative method of grocery shopping. Even so, this may soon change the way we shop," said Emilee Fars, junior.



Above: An Amazon Go store, a checkout-free grocery store, in Seattle. Photo/CNBC.

CORONAVIRUS IN EUROPE

COVID-19 CASES ARE INCREASING AGAIN

International students worldwide are contacting their families and deciding whether they can go back for the winter holidays.



By: Federica Pezzana
Staff Writer

"My flight was canceled, and I am struggling to find another one that will allow me to go back home," said Karolina Smylek from Poland. "I am trying to figure out if I should stay here, as going back home also means restricted quarantine for 15 days."

This fall, COVID-19 cases in Europe started to go up. More restrictions are being taken in different countries, and some students are worried about traveling home.

After a lovely summer where there seemed to be few cases in Europe, from the end of September onward, it appears that cases are rising again.

Many new precautions have been taken, including quarantining if coming from other countries for the holidays. Additionally, traveling is not allowed unless it is for an important reason.

"If the situation does not get better, I am worried that once I go back, I will not be able to come back in here in January," said Clara Monges from France. "It all depends on the restriction the U.S. will create, too."

Some students had to change their flight to get home for the holidays.

"My December flight got canceled, but I could find one in November, so I applied for remote instruction for the last Block, but at least I can go back home and spend Christmas with my family," said Eleonora Borri from Italy.

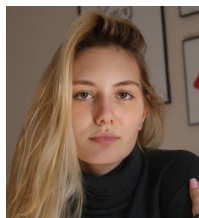


Above: There are several canceled flights because of COVID-19. Photo/Getty Images.

STRANDED AT HOME

U.S. TRAVEL BAN LEAVES BRAZILIAN STUDENTS STRANDED WITHOUT HOPE

As the pandemic started, government officials in the U.S had to take precautions to slow down the spread of the virus and protect their people by establishing a travel ban on countries like Brazil. The ban is still in effect, and students are no exception, leaving them stranded and wondering when they will be able to go back to college.



By: Ana Luiza Caovilla
Staff Writer

When the pandemic broke out, multiple Brazilian students returned home to Brazil to be with their families, but little did they know, they would not be able to return to the U.S. so fast. This travel ban has been the cause of stress among those students, as there is still no preview of when the U.S. will open again to Brazilians.



Above: Passenger sitting on top of her luggage at an empty airport.
Photo/Pexels.

"So the travel ban really affected me, I'm taking classes really late at night until 2 a.m. because of the time zone, and it's really difficult to adjust," said Nicole Greco, a student at Pepperdine University in California. "I don't know when I'll be able to go back, and all my things are still in California."

Continued on page

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GASLIGHTING AT ITS FINEST

GLEE STAR BLAKE JENNER "APOLOGIZES" TO EX-WIFE MELISSA BENOIST FOR PAST ABUSE

Recently, Glee star Blake Jenner posted an "apology" on Instagram a year after ex-wife Melissa Benoist publicly spoke about her domestic violence experience.



By: Gretchen
Lembcke Peña
Staff Writer

Benoist posted a video on Instagram in November of last year, admitting to having experienced domestic violence first-hand from a former partner. Throughout the video, she kept their identity anonymous. Benoist went into as much detail as she could, considering her past trauma. She had to reject roles with male costars due to jealousy, terminated friendships with men and had a phone thrown at her face, which permanently damaged her eyesight.

"He could be charming, funny, manipulative, devious," said Benoist.

People on social media have speculated that Benoist was a victim of domestic abuse and gaslighting as well. This term refers to a form of psychological manipulation that is typically used by abusers.

Nearly a year later, Jenner posted a six slide Instagram post, "apologizing" to Benoist for the abuse, when in reality, he was voicing excuses for his behavior. His therapy sessions, past trauma and a false sense of masculinity were just some of the various ones he mentioned. Jenner also pointed out that there was "mental, emotional and physical abuse from both ends," which brought Twitter users forward to argue about this particular quote.

"I haven't been this angry in a long time," said Twitter user @Anna_4008. "Self-defense is not abuse."

The fact that Jenner decided to post this statement when Benoist had recently given birth to her first child and was happily married brought an even larger amount of backlash. The conversation continued for the entirety of the week. Users went as far as to comment under his older posts on both his Instagram and Twitter accounts.

"Blake Jenner, you've had since November of last year," said Twitter user @multixlmix. "You chose now to say something after your ex-wife whom you've abused physically, emotionally, mentally, had spoken up about your domestic violence in your relationship. After she just had a baby with her now loving husband."

Benoist has not responded to his statement. There is no excuse for abuse. No amount of "apologizing" can make up for all the trauma garnered up from that experience. If someone is experiencing anything that might be considered domestic violence, reach out to sources such as the Lynn Counseling Center by calling (561) 237-7237 or by accessing individual Zoom meetings, held Monday through Thursday from 9 a.m. – 6 p.m.; Fridays are held from 9 a.m. – 5 p.m.

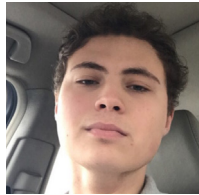


Above: Melissa Benoist's statement voicing domestic abuse.
Photo/@melissabenoist via Instagram.

"JAN. 23RD IS ON!": CONOR MCGREGOR TO RETURN TO UFC IN EARLY 2021

UFC'S BRIGHTEST STAR TO MAKE HIS RETURN TO THE OCTAGON IN JANUARY 2021

UFC superstar and former champion Conor McGregor announced recently that he has agreed in principle to a fight offer from the UFC, a rematch with Dustin Poirier, whom McGregor defeated in December of 2014.



By: Colton Turner
Staff Writer

fight Dustin Poirier apparently, so we went to ESPN and got him his own date. He's been offered Dustin Poirier on Jan. 23. It's a yes or no answer."

The UFC now has its answer – and mixed martial arts fans worldwide are undoubtedly excited to see The Notorious Conor McGregor return to the octagon.

The news comes via McGregor's Twitter, wherein he tweeted:

"I accept, Jan 23rd is on! My goal is to see this fight take place in Cowboy Stadium. Proper Style! Jerry Jones is a friend and the stadium can hold our crowd. I will be ready for Texas and Texas will be ready for my fans! Then Manny. #McGregorSportsandEntertainment"

The fight will take place Jan. 23, 2021 against former interim Lightweight Champion Dustin Poirier, presumably at AT&T Stadium (formerly Cowboy Stadium) in Arlington, Texas, though the venue has yet to be officially announced by the UFC.

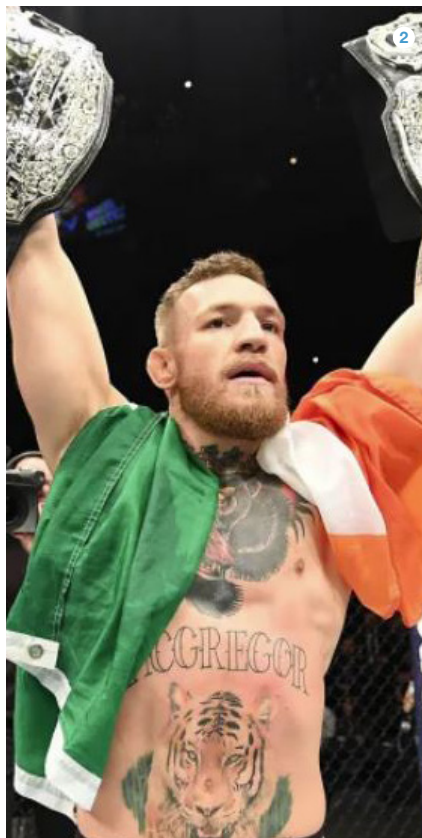
McGregor has not fought since his victory via first-round knockout over Donald Cerrone at UFC 246 on Jan. 18, 2020.

While McGregor is largely responsible for the fighting promotion's meteoric rise in popularity in the past half decade, he has been noticeably absent from the octagon in recent years.

Since losing in a Lightweight Championship bout to Khabib Nurmagomedov in October of 2018, McGregor has fought only once. Despite this, McGregor has remained characteristically adamant about his desire to return to the octagon.

UFC President Dana White weighed in on the situation prior to McGregor's public announcement:

"We offered him a fight. We got him his own date," said White to ESPN MMA. "He wants to



1. McGregor announces his return to the UFC via his Twitter. Photo/@TheNotoriousMMA.
2. McGregor with his two championship belts following a victory over Eddie Alvarez at UFC 205 in Nov. 2016. Photo/Getty Images.

FASHION SHOWS GO VIRTUAL DUE TO COVID-19

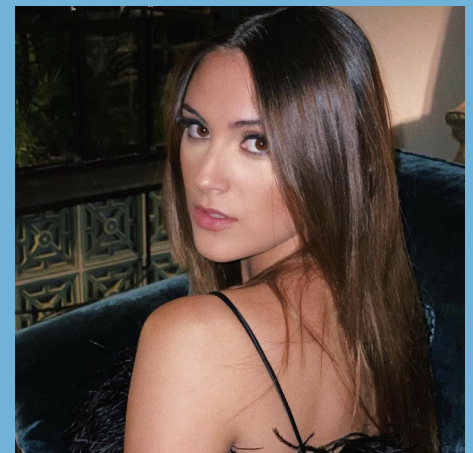
ADJUSTING TO A CHANGING WORLD

By now, everyone is well-aware of the COVID-19 crisis that has swept the world. Each continent has a reported case of the virus, excluding Antarctica.



By: Alexis Weisblum
Staff Writer

People around the world have had to adjust daily routines and their lives overall. Classes at the beginning of the outbreak went 100 percent virtual, and students across the nation had to adapt quickly from in-person schooling to virtual



Above: Camryn Weinbaum, junior, posing for a picture wearing a vintage black dress with feathers. Photo/A. Weisblum.

schooling. Another example includes many people having to reroute or cancel regularly scheduled travel to maintain precaution and care. This also applies to the social lives and entertainment such as fashion shows.

"I think fashion shows are very innovative and one of my favorite things to watch," said Camryn Weinbaum, junior. "It's going

Continued on page

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to be great. Can't wait for it to be seen."

Entertainment, precisely, in-person entertainment, including concerts and other live shows, quickly needed to adapt to the shift toward virtual living while also producing profit and maintaining consumer support.

"Fashion is such an amazing industry, and a lot of people do not appreciate it enough," said Emilee Fars, junior.

This also applies to the fashion industry, where notable live gatherings, such as New York Fashion Week and the Louis Vuitton Spring 2021 Ready-to-Wear fashion shows, completely went virtual for consumer debut.

"Fashion is an expressive way to show who you really are," said Matteo Dill, junior.



1. Above: Emilee Fars, junior posing for a photo while wearing a red, full bodysuit and Saint Laurent sneakers. Photo/A. Weisblum.

2. Above: Matteo Dill, junior, posing for a photo while wearing a white collared shirt and checkered pants with nude slip-on shoes. Photo/A. Weisblum.

THE HASHTAG THAT TURNED INTO A MOVEMENT

SOCIAL MEDIA CONTINUES TO IGNITE THE BLAZE AND IMPACT OF THE BLACK LIVES MATTERS MOVEMENT

In response to police brutality in the United States, the Black Lives Matter Movement continues to grow and spark change using social media as their most powerful tool.



By: Abby Sears
Contributing Writer

The Black Lives Matter Movement began on social media in 2013 using the hashtag #BlackLivesMatter. It was created to increase awareness of racial issues in America after the acquittal of neighborhood watch captain George Zimmerman in the shooting death of Black teen Trayvon Martin. Zimmerman successfully argued self-defense, even though Martin was unarmed.

The movement became more distinguished and popularized after the deaths of unarmed Black men Eric Garner and Michael Brown, who were both unarmed and killed by police officers.

"I dare to say the Black Lives Matter Movement was 100 percent catapulted by social media because it used an awareness tactic," said Angela Sharkey, social media manager at Brandstar. "If you think about what happened, what triggered this movement, was that someone was able to capture this incident that had taken place in the streets and put it on social media, I think that if that does not say it is attributed to social media, then I do not know what does."

After the death of George Floyd, the video of his death while being arrested went viral, which sparked conversation and propelled change. Bystanders shared it on multiple platforms such as Instagram, Twitter and Facebook to spread awareness of police brutality. In return, this sparked many protests and even more social media posts, demanding the now-former officers be charged with his death.

"I think what is important for a movement to take place on social media is the virality of a video or an image, something powerful enough to show to cause ignition in the people and

for them to feel like they need to take action," said Sharkey. "I think that is what the key to a movement and campaign on social media is."

In a poll conducted by Pew Research, the Black Lives Matter hashtag was used about 47.8 million times on Twitter following the death of George Floyd, breaking the record of the highest number of times the hashtag has been used.

Earlier this year, the Blackout Tuesday hashtag was created for social media users to show their stand with the Black Lives Matter Movement, not only using the hashtag #BlackoutTuesday but posting a black square as well.

"Blackout Tuesday was huge," said Sharkey. "That was the first time, at least in my professional seven years of experience in social media that I have seen a shutdown of the world as we knew it in social media, for people to really stop and understand that this is a much bigger thing than people want to give credit."

Many celebrities and social media influencers have shown their stance to the movement by sharing informational posts with hashtags. Others have turned their social media platforms over to a Black Lives Matter leader for a day to share important and useful information. Black Lives Matter provides access to many followers and audiences, which has also contributed to its growth.

Since the death of George Floyd and Blackout Tuesday, social media users continue to use their platforms to share their voice on racial injustices in America in hopes to spark and continue change. Many are currently taking to social media to fight for justice for Breonna Taylor, who was fatally shot by white officers while asleep.

Black Lives Matter has been a movement created solely from social media. It is setting a strong foundation for change in Black communities and establishing a foundation for other minorities in America to speak up in the future.

THE HEART OF CAMPUS

CHRISTINE E. LYNN UNIVERSITY CENTER IS THE ONE-STOP-SHOP FOR STUDYING AND SNACKS

The Christine E. Lynn University Center, also known as the heart of the campus, is a building that encompasses a student's go-to essentials.

If one wants to grab a bite with some friends,

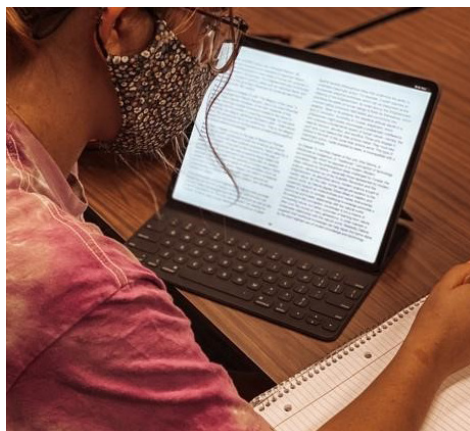


By: Genesis Morlabaez
Photographer

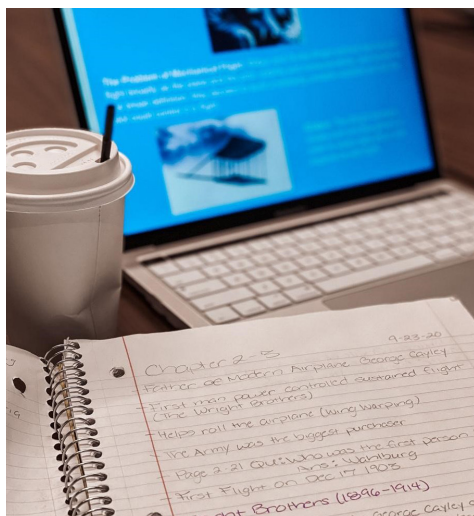
Mary's Kitchen (first floor) and Christine's (second floor) is the perfect place to do so. Among some other essential places such as the Perper Mailroom, the Schmidt Family Campus Store or the Center for Learning Abroad, there are nine study/meeting rooms for students to go over some notes with classmates or even catch up on some work silently. One of the students' personal favorites is the mini cubicle study chairs on the third floor.



Above: Stephanie Gass, freshman, psychology student is currently working on gathering articles and making sure her APA citations are top notch. Photo/G. Morlabaez.



Above: Lauren Adams, freshman, psychology major works on reading through the chapters assigned from her Belief and Reason course. Photo/G. Morlabaez.



Above: Aviation student studies the Wright Brothers and various achievements in aviation history and gather notes in order to learn more efficiently. Photo/G. Morlabaez.



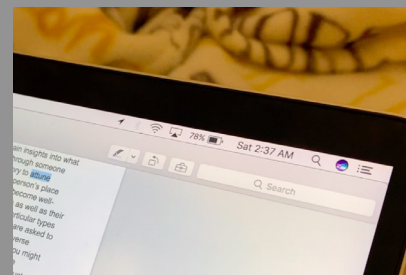
Above: Jada Young, freshman, aviation student takes a breather from the hassle of school work and learning about aviation history. She loves cranberry juice and says that, "...it helps me think." Photo/G. Morlabaez.

Continued from page 4 ...

Not only are students being kept from returning to their colleges, but the ban has also prevented millions of students from starting their college careers healthily and properly.

"I was supposed to start at Chapman University in the fall, but because of the travel ban, I haven't been able to meet my peers from Chapman, and I'm worried that when I arrive (at Chapman) in the near future, I won't be able to have the same experience and I might feel lost," said Thomas Greco, a freshman at Chapman University.

Aside from affecting student's education, it has also generated financial problems for some students. Those who have houses, cars, apartments or any property in the U.S. are still paying for their expenses but not using or selling them. For example, Giovana Mendes, a Northeastern University, still covers costs she is not using.



Above: Computer screen displays 2:37 a.m. Photo/A. Caovilla.

"I was studying in Boston when the Pandemic started, and I had to come back to Brazil, leaving all my stuff in my apartment," said Mendes. "I'm still renting it, and I have no idea when I'll be able to go back and get my stuff, so it's just sitting there."

The pandemic has affected the entire world in many ways. As the world begins to go back to normal, students who are banned from the U.S. are still having to face this daily challenge and continue to have hope that this will end soon, and soon they will be able to return.

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BOCA RATON RESIDENTS — BREAKING BAD WITH A TELEMEDICINE SCHEME

ELEVEN INVOLVED IN A NATIONWIDE TELEMEDICINE SCHEME

Four Boca Raton residents face federal charges for a nationwide prescription medication telemedicine scheme. The telemedicine scheme lasted for two years from January 2014 to October 2016 with eleven total involved.



By: Claire McCabe
Staff Writer

U.S. Department of Defense, which provides coverage for active-duty members of the military, veterans, retirees, and their families.

The defendants used telemarketing and mass marketing to solicit. "Physicians also were illegally provided with partially completed, pre-printed prescription pads," according to court documents. "to make it easier to prepare the false prescriptions."

Ten of the eleven, are Florida residents located in South Florida. One of the defendants, Margaret Chiasson, lives in Boston but once lived in Florida. The four Boca Raton residents are Luis Garcia (30), Robert C. Clark (54), Benjamin C. Heath (37), and Antonio J. Gousgounis (34).

"They recruited patients and prescribed unneeded specialty medications that were much more expensive than mass-produced prescription medications," according to the Sun Sentinel. "And then they charged the patient's insurance policies for pricier prescriptions."

The scheme included lying to patients and defrauding many health insurance providers. One of the victimized insurance companies was Tricare, a healthcare program of the

Not only do some of the defendants have the federal charges for the telemedicine scheme, but they have money laundering crimes as well.

According to the Department of Justice Office for the District of Southern Florida, the defendants are charged with "unjustly enriching themselves... and causing the submission of fraudulent and invalid prescriptions for compounded medications that were not medically needed".

The ten Florida residents were in federal court on Oct. 7, 2020, before U.S. Magistrate Judge Patrick Hunt in Fort Lauderdale. Margaret Chiasson appeared in court before Magistrate Judge Marianne B. Bowler in the District of Massachusetts.



Actor pretending to engage in telemedicine scheme. Photo/ Allegiant Experts.

iPulse

THE DAILY HEARTBEAT OF LYNN UNIVERSITY

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Man Bit By Shark in South Beach Miami

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Stop Expecting Celebrities To Do Politicians Jobs



Below:
Sharon Robinson,
Administrative
Assistant, College of
Communication
& Design.

Gary Villa,
Dean,
College of Arts
and Sciences.



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HONORING HEROES

THE CAMPUS COMMUNITY COMES TOGETHER TO HONOR LYNN'S VETERANS

The Lynn campus comes together every year on Veterans Day to pay homage to the heroic members that have served in the U.S. military. This year, on Nov. 11, Lynn held a virtual ceremony to honor the Lynn community members that have served in the military in the past.

Sharon Robinson, administrative assistant in the College of Communication and Design, is an Air Force Veteran. Robinson appreciates Lynn's commitment to recognizing the veterans annually.

"It is nice to be recognized and appreciated as a veteran," said

Robinson. "I love that Lynn does this every year. It is nice to be recognized."

During the virtual ceremony, Dr. Gary Villa, dean of the College of Arts and Sciences, led the Pledge of Allegiance, and President Kevin M. Ross recognized student, alumni,

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SOCIAL MEDIA WITH NO PRESSURE

New Social Media Platform Promotes Pressure-Free Socializing.

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faculty and staff veterans.

"Today we express our deepest appreciation to those who protected our great nation. These are just a few of the many veterans in our Lynn community who allowed us to recognize them today—and we are equally grateful to the many others who donned the uniforms of our armed services. Without them, we would not be able to enjoy the freedoms of our great democracy," said Ross.

Recognizing our Lynn veterans

- Captain Joshua Rosenthal, U.S. Army
- Sergeant Juan Rivera, U.S. Army
- Lieutenant Colonel Jeffrey Johnson, U.S. Air Force
- Captain David Spohn, U.S. Army
- Chief Warrant Officer Douglas Witham, U.S. Coast Guard
- Daniel Ceccoli, U.S. Marine Corps
- Keith Jaburek, U.S. Navy
- Nickenson Dumercy, U.S. Navy
- Pamela George, U.S. Army

- Michael Moes, U.S. Army
- Gary Villa, U.S. Army

Following the event, students and employees enjoyed lunch in a decorated Bobby Campbell Dining Commons. Mary's Kitchen served American favorites, such as hot dogs, hamburgers, beef brisket, BBQ chicken, and red, white and blue desserts.

"Being in the Air Force was a wonderful experience and I was able to see the world which was priceless," said Robinson.

Lynn is committed to serving veterans through the GI Bill and the Yellow Ribbon GI Education Enhancement Program.

Contributing Writers and <https://www.lynn.edu/news/2020/lynn-university-honors-its-veterans>

This story originally appeared in Lynn University News on Nov. 11, 2020, in <https://www.lynn.edu/news/>



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Left: Sign telling people to work harder, thus making individuals feel like they are never doing enough.
Photo/Unsplash.



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Left: Nigerian protesting police brutality. Photo by Akintunde Akinleye/EPA via Aljazeera.

SOCIAL MEDIA WITH NO PRESSURE

NEW SOCIAL MEDIA PLATFORM PROMOTES PRESSURE-FREE SOCIALIZING

Twelv, a new social media platform, was recently launched and introduced to the public, gaining popularity instantly among social media users around the world.



By: Ana Luiza Caovilla
Staff Writer

The platform allows the user only to post 12 pictures and connect with people close to them. The platform's main idea is to get rid of "likes" and followers' measurements, making the platform free of social pressure.

"Twelv is growing fast," said David Sarkissov, co-founder of Twelv. "It was created out of an attempt to take the pressure off social media and create a community in which there is no judgment, ads or exploitation of the customers."

Aside from it being a platform that allows users to step away from the judgment and mainstream social media pressure. Twelv also has a social justice focus to give back to society. The platform charges a membership at \$1 per month, which is donated to charitable organizations monthly.

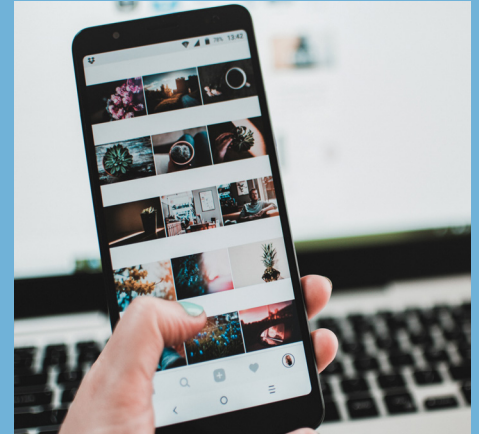
"I have been using it, and I'm still getting the hang of it," said Sabrina Castro, a user of Twelv. "But so far it has been really fun and gave me a sense of satisfaction knowing it's also for a good cause."

Twelv has more than 10,000 users already and is growing at a rapid rate. When it gets to 100,000 subscribers, the company will donate the majority of their profits to charity.

"We are so happy to be able to give back to the community and provide the public with a social media that is not out

to harm them," said Michael Sarkissov, co-founder of Twelv. "It's a good platform with a charitable cause. What more could you want?"

For more information, visit www.twelv.com or visit the App Store.



Above: Someone looking through social media on their phone. Photo/Pexels.

SHARK BAIT OOH HA HA MAN BIT BY SHARK IN SOUTH BEACH MIAMI

Students share their concerns on swimming in the ocean after Mark Bowden from California was bitten in the leg by a shark during his recent vacation in South Beach.



By: Claire McCabe
Staff Writer

Bowden was body surfing near 10th street when he was bitten in the leg by a shark. He did not know what happened at first, but he knew something was wrong and needed to make it to shore. Bowden said the bite felt like a punch in the leg.

Whenever a shark bite happens, the crowds on the beach lessen.

"I would probably be cautious for sure," said Kyle Van Pelt, senior. "But with COVID-19, I am not sure the beach is the best place to be right now."

Bowden extended his trip to continue healing before getting on a plane with his girlfriend back home to California.

"I think I am definitely going to take a break from swimming," said Bowen. "But, man, I love southern California beaches and Hawaii and now Miami. I do not think I can stay out of the water. I think at some point. I will be going back in. Plus, what is the chance of having two shark attacks? That's gotta be zero."

Miami Beach Fire Rescue treated him before transporting him to Ryder Trauma Center. His leg was stitched up, and he was released 24 hours later. Bowden thankfully had a quick recovery from the bite.

"I really appreciate everyone's help," Bowden said. "They were quick, kind and accommodating."

If a shark bites someone on the beach, contact emergency professionals for help. Until help arrives, control bleeding by applying pressure. Make sure to keep the person warm and stay on the phone with emergency professionals until they arrive on the scene.



Above: Medical professionals assisting Mark Bowden. Photo/ M. Bowden via Local 10.

FLORIDA'S TOURISM IS CHANGING

HOW WILL TOURISTS RESPOND TO THIS CHANGE?

Florida's economy is based on tourism with its many beaches, theme parks, cruise ships, sports arenas and resort hotels; however, COVID-19 has caused many businesses to suffer or shut down.



By: Sophie Garza
Staff Writer

Florida's tourism is changing due to COVID-19. It is affecting the hotel and airline industry as well. COVID-19 is also affecting when and how people go to the beach.

In March 2019, Palm Beach County hotels collected a record of \$7.89 million in taxes, which was record-setting. Due to the pandemic, hotel occupancy in Palm Beach County dropped by 77 percent.



Above: Beachgoers wearing face masks and social distancing. Photo/CBS News.

Before the peak of the pandemic, Palm Beach International Airport had 102 flights per day. Just one month later, the airport has less than 20 flights per day. This massive decrease in flights almost caused the airport to shut down. It was saved from a \$37 million grant from the government.

MAYBE SOCIAL MEDIA IS NOT SO TOXIC AFTER ALL?

STUDENT PERSPECTIVES ON SOCIAL MEDIA USAGE

It is said that social media is "toxic" and "negative." People tend to paint their lives in a pretty picture or aim for perfection on social media pressuring users to put their best selves on social media platforms.



By: Claire McCabe
Staff Writer

Nowadays, iPhone users can even receive a daily report on how much screen time one had for that day. Ninety percent of college students use social networks, according to a study conducted by Mats University.

"I think social media is both positive and negative," said Andrew Dean, senior. "For professional use, it can be an amazing tool to enhance your brand, whether it may be a product, service or personal image."

Social media can be a way to meet people and create relationships, not made otherwise. There are no geographical boundaries when it comes to social media. These platforms allow people to stay connected with friends no matter where their path leads them.

It brings people together and unites them to achieve specific goals, which leads to positivity within society. Social media is used by many to voice an opinion on non-profit organizations, movements or politics. It can sway a person to donate, advocate and even to vote.

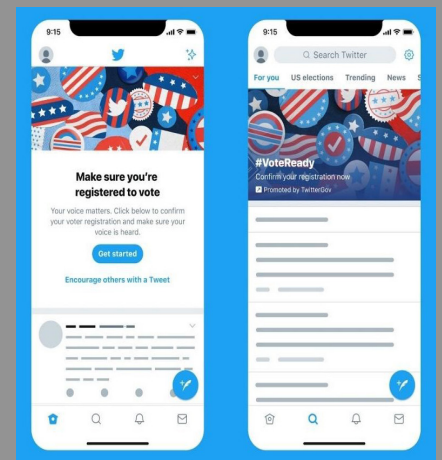
"For recreational use, it has proven to be semi-unhealthy, especially when accessed by younger or impressionable people," said Dean, senior.

The amount of available social media platforms allows numerous ways to share opinions on politics, making social media a hostile place to be. Politics are a sensitive topic to some and can offend people. One might even "unfriend" a loved one for a lengthy political post with which they disagree.

"I think social media is negative because it has put so much pressure on individuals to conform to an unrealistic perception [of] society," said Olivia Dols, senior.

Watching self-care tips on Tik Tok might be a better option for someone rather than scrolling through Instagram, looking at a model's body, and comparing themselves to the model. Social media user's choices create a positive experience on social media.

"I think social media is positive because it can bring people together," said Sara McManus, senior. "Especially when the world was shut down, people used social media to talk to each other for support and comfort during uncertain times."



Above: Digital Artwork of the effects of social media on mental health. Photo/Life Sciences Journal.

THANKSGIVING HOLIDAYS IN 2020

THANKSGIVING DURING A GLOBAL PANDEMIC

Thanksgiving is just around the corner, and in less than a month, some students will be reunited with their families to celebrate the holiday. However, with the pandemic, many plan to stay on campus as COVID-19 worsens around the nation and worldwide.



By: Paulina Hoyos
Staff Writer

In the past, students that stay on campus during the holiday break often go to restaurants, hang out in large settings with friends, and go to local hotspots, such as Miami. However, these large gatherings provide a higher chance of contracting COVID-19.

"I am going back to my family in Miami, but I am going to get tested before going and after because I am well aware of bringing the virus to campus, and [bringing] it to my roommates and friends," said Masha Feigel, sophomore. "I prefer just doing the test and be more confident."

Lynn is taking safety measures during Thanksgiving; however, the students need to be completely aware and have their minds on the consequences of not social distancing during the holiday break.

"I will finish my third term before Thanksgiving," said Elke Zmuc, junior. "I would be heading to Paraguay immediately. My parents forced me to take the test before leaving Boca because they are well aware that in Florida, the pandemic is worse than in my hometown, so they want to be sure."

Lynn gave students the week off in the past, but some students do not have classes off because of the change to block scheduling and for safety precautions.

"During Thanksgiving, I was going back to Italy, but at the moment, Italy is getting worse, and they have not opened the flights internationally," said Giorgia Pigiato, sophomore. "I canceled my trip for my family safety and also mine."

However, students traveling and planning on going "home" for the holidays have a risk of getting COVID-19 if they do not apply safety measures. It is recommended that if students travel, they should make an appointment at the Health Center to get a COVID test.



Above: Lynn students enjoying the fall season. Photo/Lynn U.

IS HUSTLE CULTURE HARMFUL OR HELPFUL?

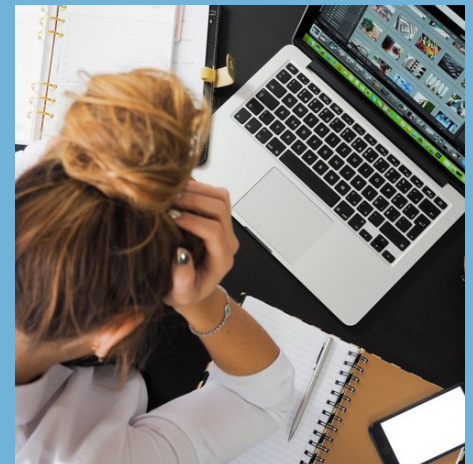
SOMETIMES WORK IS NOT THE MOST IMPORTANT THING IN LIFE

Hustle culture is an influential part of American culture. Many people feel like they can never say no, putting their professional work above their mental health.

"Hustle culture sets up unsustainable expectations," said John Boitnott, a journalist at Entrepreneur.



By: Emily Christensen
Managing Editor



Above: Girl stressed out from working too hard. Photo/Pexels.

Focusing solely on work is stressed heavily in modern culture; between social media posts telling viewers to 'hustle 24/7'. College students are always discussing their business ventures; people are challenged to put their professional lives above all else. This toxic culture harms the mental health of individuals, especially those in college.

"The 'hustle culture' has negatively influenced me in many ways," said Abby

Continued on page

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Sears, senior. The biggest is that it gives myself (and society) the idea that if I take the time (even five minutes) out of my day to practice self-care, I won't be successful as those five minutes I should be devoting to working."

Individuals need to find a comfortable balance between their professional life and personal life, so they are not continually grinding away on the job. American culture often equates success with constant work and profit. American core values are life, liberty, and the pursuit of happiness rather than the pursuit of money and status.

"I personally believe mental health is as important as physical health, and this culture erodes this idea, making it very easy to forget to take care of ourselves, which can be very harmful," said Sears.

Often people equate success with status, recognition and money. However, this is not always the key to happiness, especially if it detrimental to an individual's physical and mental health. It is perfectly acceptable to hustle in a career and to achieve success through hard work. Still, it should never come at the expense of mental health, family, relationships or other health parameters.

The "hustle culture" encourages work above all else and neglects oneself to achieve wealth and success. The real way to achieve success and happiness is a blend of hard work and also self-love. Whether an individual is a college student or an established worker, one should ensure they are taking time for themselves before, during and after work.

BEYONCÉ IS NOT THE SUPREME BEING

STOP EXPECTING CELEBRITIES TO DO POLITICIANS JOBS

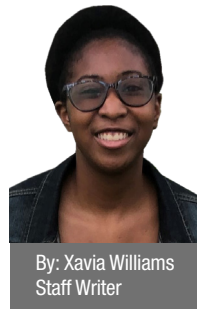


This is an editorial article, and therefore, represents the opinions of the writer.

The hashtag #EndSARS has been shared by celebrities with no real proof of active support, but of course, when Beyoncé does not say something immediately, it becomes a problem.

Gen Z has made a point that if they're going to support a celebrity in any role, they would have to make their positions on specific topics known. Very much like a politician.

While I am a fan of making sure people we put in power use their platform for good, this is getting way out of hand. Celebrities are not politicians. So why treat them like they are?



By: Xavia Williams
Staff Writer

The Special Anti-Robbery Squad, also known as SARS, is a Nigerian police unit with a history of violence and violating human rights regulations.

Much like in America, there's been a call to disband this unit. Those who showed their support overseas posted #EndSARS on their social media platforms along with some information.

Beyoncé did not hop on the support train immediately. Still, in her own time, she posted a statement and showed that she is actively working with people to make a change, unlike most celebrities who just posted the hashtag. She even provided a list of organizations to donate to on her website.

"I am heartbroken to see the senseless brutality taking place in Nigeria," the singer wrote on Instagram and her website.



Above: User @folusooyeeye claiming Beyoncé is "silent" hours before Beyoncé's statement. Photo via Twitter.



"We have been working on partnerships with youth organizations to support those protesting for change. We are collaborating with coalitions to provide emergency healthcare, food and shelter. To our Nigerian sisters and brothers, we stand by you."

These people dared to get mad at her simply because she did not respond fast enough.

While Beyoncé is most definitely a celebrity amongst celebrities, she cannot even stop police brutality in America, nonetheless Nigeria. So I find it concerning why people were upset.

After being criticized for her "silence" hours before, her publicist Yvette Noel-Schure responded to the hate by writing, "Actions speak louder than post. Stop judging."

It is not Beyoncé's job nor any other celebrities to save Nigeria. Just because Beyoncé chooses to do something "heroic" does not mean one should have the right to hold every celebrity to the same expectations. They are not superheroes. They are human. Treat them as such.

I AM HEARTBROKEN TO SEE THE SENSELESS
BRUTALITY TAKING PLACE IN NIGERIA.
THERE HAS TO BE AN END TO SARS.

WE HAVE BEEN WORKING ON PARTNERSHIPS
WITH YOUTH ORGANIZATIONS TO SUPPORT
THOSE PROTESTING FOR CHANGE. WE ARE
COLLABORATING WITH COALITIONS TO
PROVIDE EMERGENCY HEALTHCARE,
FOOD AND SHELTER.

TO OUR NIGERIAN SISTERS AND
BROTHERS, WE STAND WITH YOU.

—
PLEASE VISIT BEYONCE.COM
FOR A LIST OF ORGANIZATIONS
TO SHOW YOUR SUPPORT.

Above: Beyoncé's statement, written on her Instagram and her website. Photo via Beyoncé's Instagram account.



Above: Nigerian protesting police brutality. Photo by Akintunde Akinleye/EPA via Aljazeera.

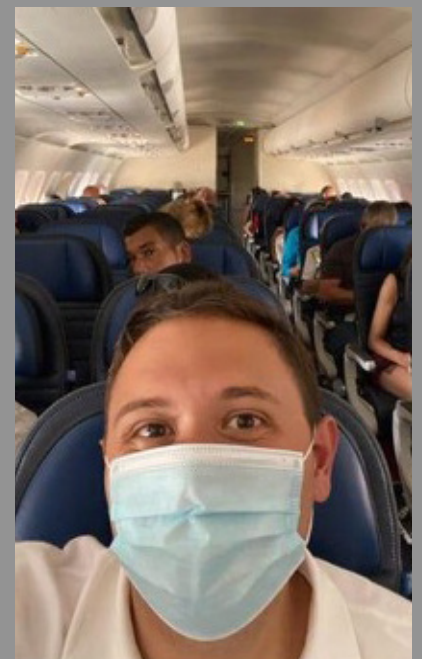
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During the pandemic's height, beach access was restricted by allowing visitors to stay for a limited time and not allowing blankets, coolers or towels on the beaches.

Many argue that Florida is a popular vacation destination that does not need a bailout. In the Sun-Sentinel, Ron DeSantis released his budget proposal for the upcoming fiscal year; it included a \$50 million boost for Visit Florida. This boost will help revive the tourism industry in Florida.

Efforts to boost the Florida tourism economy would include promoting a "staycation" and promoting places tourists can get by in a car. People do this to get out but also by minimizing the risk. What tourist sites need to keep in mind is that they need to prove to their guests that they will be safe.

It is forecasted that people will get used to this norm in the future, just as people eventually became used to enhanced security measures at airports and other travel spots after September 11.



Above: Passengers on an airplane wearing masks and there are fewer people on the flight. Photo/Business Insider.

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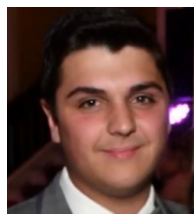
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OPINION: ALL PAPER BOOKS SHOULD GO DIGITAL

THE INEVITABLE TRANSITION FROM PAPER TO ELECTRONIC BOOKS

This is an editorial article, and therefore, represents the opinions of the writer.



By: Nicholas Vannicola
Staff Writer

While libraries still manage to fulfill readers' needs, the rise in digital e-books has grown significantly within the last few years.

There is no doubt that all paper books will eventually go digital based on current technology. Most publishers have already made that transition within the last few years. The main benefit of an e-book is that they are available minutes after purchasing or downloading them while remaining portable at all times.

It's convenient for those reading many books per month or even a student accessing course material. It takes a few minutes to download them, which does not require any in-person transactions or waiting for them to arrive in the mail.

Not only are e-books often on sale, but there are thousands of free options from Amazon

and BookBub. According to the School Library Journal, the average price of a graphic novel is \$24.67. Therefore, it is no surprise that most individuals choose to lean toward e-books due to the great deals they offer.

Although e-books serve a great purpose in remaining convenient and portable, books have physical beauty. According to Mashable, the book cover has evolved as a marketing tool, meaning it grabs others' attention from its place on the shelf.

Many authors take the time designing their physical novel with creativity in hopes of sticking out from the crowd, which is not as appreciated in e-books. The industry is progressing in fixing this issue with digital sales platforms,

Digital books are more convenient and better for the environment. Also, they are much more cost-efficient than traditional books. Considering the success that digital books have made in all of its existence thus far, it is only right that paper books go digital.

Creating fewer books will prevent the amount of paper being used, therefore saving trees worldwide.



Above: Tablets like the iPad Pro make it easy to read books digitally. Photo/Pexels.

iPulse

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Combat Perfectionism

6 FILM FESTIVALS GO VIRTUAL

Filmmakers Chronicle Their
Quarantine Experience

Left: Former Vice
President Joe
Biden. Credit:
Roberto Schmidt/
AFP via GETTY

**BIDEN
HARRIS**



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THE RESULTS ARE IN

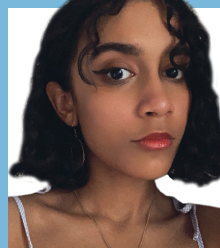
TOPPING THE YEAR OF 2020 OFF WITH A SHOCKING ELECTION

Recently, the United States elections finalized with Joe Biden and Kamala Harris’ victory, leaving everyone shocked at the results.

From Nov. 3 to Nov. 7, the U.S. elections felt like an endless journey to citizens all around the country. Considering the BLM protests, COVID-19 cases rising and the

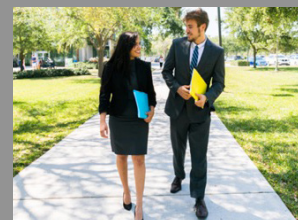
lack of social distancing, people worldwide were eager to know the election results. Social media platforms were filled with people voicing their feelings of anxiety.

“Rilly [sic] out here about to mute the word ‘vote’ for the next 24 hours...” said Twitter user @moonlightcol.



By Gretchen Lembcke Peña
Staff Writer

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PREPARING FOR THE REAL WORLD

Career and Alumni
Connections Provides
Useful Resources for
Students.

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By Claire McCabe

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A few hours into the election, various states had already finished counting the ballots and favored the Republican Party. Kentucky, Indiana and West Virginia were just a few of the states that turned red. Republican citizens were overjoyed by seeing the results that were in favor of their political party. Still, later that night, former Vice-president Joe Biden began to gain a lead.

"We are up BIG, but they are trying to STEAL the election," said President Trump via @realDonaldTrump on Twitter.

Many Trump supporters were claiming that election fraud was the cause of this sudden turn of events. However, mail-in and absentee ballots were essential in this presidential election, especially in swing states like Michigan, Georgia and Pennsylvania. Due to this, election results took longer than expected since said ballots had to be mailed in and counted carefully.

"If a mail-in ballot arrives after Election Day but is postmarked by or before Nov. 3, it should count," said Twitter user @lacyf10. "It is not illegitimate."

On Nov. 7, the final day, Biden closed the gap in electoral votes, so much so that there seemed to be no possibility for Trump to win. With 273 electoral votes, Biden became the President-elect of the U.S. elections and made his running mate, Kamala Harris, the first woman and Black and Asian candidate to be elected Vice-president. Biden's campaign also won the most votes in presidential history.

"We have won with the most votes ever cast for a presidential ticket in the history of this nation — 74 million," said President-elect Biden in his winning speech.



Above: Joe Biden giving his winning speech in Delaware. Photo/Los Angeles Times.



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Left: Carlson is a current senior at Lynn University. Photo/N. Vannicola.

PREPARING FOR THE REAL WORLD

CAREER AND ALUMNI CONNECTIONS PROVIDES USEFUL RESOURCES FOR STUDENTS

Elisa Magana-Audiffred, career connections coordinator, discusses the many opportunities and events that the Career and Alumni Connections Office puts on for Lynn students.



By: Federica Pezzana
Staff Writer

In a 2018 LinkedIn Skills Report, 57 percent of people rated soft skills as more important than technical skills. Skills such as communication, leadership, problem-solving and teamwork can be learned through an internship and utilized beyond that experience.

"We have different events throughout the year, for example, mock interviews with real employers, webinars, recruiting events, mentoring events with alumni

(Knight Time Mentoring) and industry meetups," said Magana-Audiffred.

Having an internship before graduation benefits students in the working environment while also building a professional network. There is a one in 16 chance of securing a job by connecting with people, making networking a critical component to landing a job.

"There are many internship positions that still need to be filled," said Magana-Audiffred. "We also have different resources in our MyLynn page, our career coach Bob has developed five-minute videos that can help you perfect your resume, create a cover letter, set up your LinkedIn profile and many more."

Stopping by the Career Connections Office or sending an email is the easiest way to find out about available internships, jobs or networking events.

"We encourage students to come in as early as their freshman year! The earlier they come in, the better we can prepare them for their future career," said Magana-Audiffred.

There are many exciting and upcoming virtual events. Accessing them is easy: check out lynn.edu/career-and-alumni-connections or visit the Office of Career and Alumni Connections on the Christine E. Lynn University Center's second floor.



Above: Students participating in a job fair when it was not remote yet. Photo/Lynn University.

HOME FOR THE HOLIDAYS

A DIFFERENT HOLIDAY SEASON

This is an editorial article, and therefore, represents the opinions of the writer.

During COVID-19, most students and faculty question how they can effectively celebrate upcoming major holidays that require large gatherings for fellowship and celebration.

College students should be able to visit loved ones during the holidays. However, when doing so, students should consider safety precautions, such as getting tested for COVID-19 before and after reaching their destination to ensure they are not a carrier and are not potentially exposing others.



By: Lexi Weisblum
Staff Writer

Students need to see family and friends while also getting a break from school for at least a month. Additionally, parents should consider choosing the safest way for their kids to return home, such as driving, instead of flying, or even taking a train (while also considering going into quarantine upon arrival).

Scientists are not explicitly telling people to cancel holiday plans; instead, they encourage people to think of alternative ways to celebrate togetherness. Here are some questions to raise regarding social gathering according to an NPR article, "Coronavirus Maps: How Severe Is Your State's Outbreak?": "what if you and friends or family want to go to a lounge or dinner at a restaurant - what if you catch COVID-19? What if someone in that group already has it and doesn't know."

I am using safety precautions to limit exposure and also increasing testing before the holidays. I am driving home both ways and will be getting tested before, while, and after I'm there. Some universities require students not to return to campus for a minimum of two weeks to comply with the 14-day quarantine that many states have adopted. Also, solutions include possibly the parent visiting their child for the holiday.



Above: During the holidays, many will have no choice but to fly home. Photo/A. Piacquadio via Pexels.

PROGRESS OVER PERFECTION

DR. ANGIE O'GIEBLYN TEACHES LYNN STUDENTS HOW TO COMBAT PERFECTIONISM

The Office of Student Wellness recently hosted a virtual event featuring guest speaker Dr. Angie O'Gieblyn, who stressed the importance of striving for excellence rather than perfection. O'Gieblyn is a professor, researcher, mental health counselor and above all else a recovering perfectionist.



By: Emily Christensen
Managing Editor

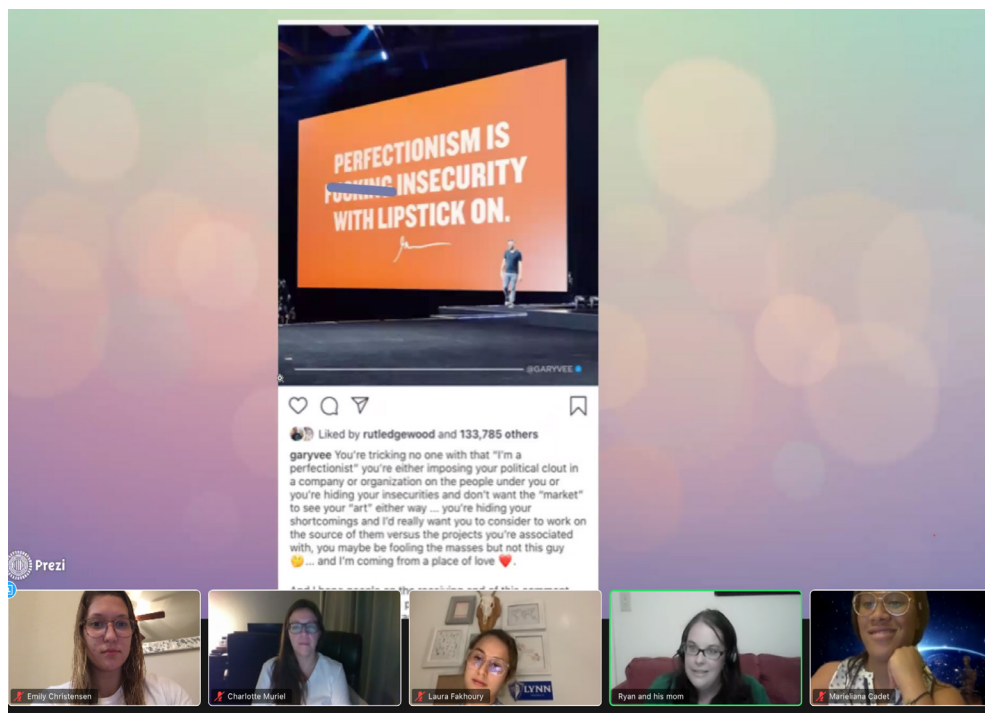
O'Gieblyn mentioned that to combat perfectionism, one must understand what perfection truly means. By definition, a perfectionist is a person who strives for flawlessness and sets up ridiculously high expectations.



Above: Scrabble letters affirming that "done is better than perfect." Photo/ Unsplash.

Attendees learned from O'Gieblyn that there is a difference between striving for excellence and striving for perfection. Striving for excellence is setting attainable goals to be met realistically. In contrast, striving for perfection sets unreachable standards driven by the fear of shame, blame and criticism from others.

"The world will always tell you to do more," said O'Gieblyn, affiliate faculty mental health counselor at Northwestern.



Above: Angie O'Gieblyn showing students an important quote about combatting perfectionism during virtual meeting. Photo/ E. Christensen.

Perfectionism places one's identity and self-worth in the ability to perform. To overcome this mentally taxing attitudes, one must develop more self-compassion.

Taking online assessments are an easy way to learn from these flaws. Tests like the "Almost Perfect Scale" and "Self Compassion Scale" online will help determine life areas that need improvement.

A few active tips O'Gieblyn mentioned for struggling perfectionists to take on are asking questions like:

- "What is one area of my life where I know I set unrealistic expectations for myself?"
- "How can I work on this?"
- "What is one thing I can do this week to be kinder to myself?"

Counteracting negative thoughts with visual reminders is another active step to take when battling perfectionism. Putting quotes, pictures and affirmations around the house can help change one's mindset into believing that "you" are doing enough.

If affirmations are not enough, O'Gieblyn recommends talking to a trusted friend to help set the record straight. When saying things like, "I should be doing more," tell friends to remind you to stop talking to yourself that way.

To further understand the roots of perfection and learn more personalized strategies to combat it reach out to sources such as the Lynn Counseling Center by calling (561) 237-7237.

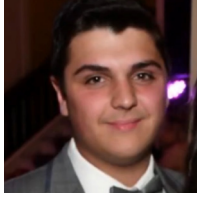


Above: Students watching Brené Brown's "Practice Makes Imperfect" interview on the Today Show. Photo/ E. Christensen.

NOT AN AVERAGE STUDENT

THE JOURNEY OF A TRANSFER STUDENT IN THE MIDST OF A PANDEMIC

Emma Carlson, a senior at Lynn, reflects on the change in her college experience due to COVID-19.



By: Nicholas Vannicola
Staff Writer

Carlson's journey in college did not start specifically at Lynn University. Still, she managed to find a way to Lynn in hopes of finishing her degree. She previously attended West Virginia University, located in Morgantown.

"Looking back as a freshman, I see a young girl who did not realize that she was going to learn much more than just what was taught in the classroom," said Carlson.

Every college student experiences some growth from their freshman year leading up to senior year.

"In fact, I found that throughout the years, the life lessons that you gain from college are a lot more valuable than the grade you receive on a paper," said Carlson.

During Carlson's sophomore year of college, she realized something had to change with her previous university. This made her nervous because she broke the stereotypical norms of going to the same university for all four years.



Above: Emma Carlson as a freshman at West Virginia University. Photo/N. Vannicola.

"I did not want to be judged by anybody when coming to come to a decision that was the best fit for me. At that moment, I was solely focused on myself and my future," said Carlson.

When transferring to Lynn, Carlson concluded that she made the right decision. Since her time at Lynn, her experience has been nothing short of interesting due to COVID-19.

Since Carlson transferred and began her journey during the 2019 Fall semester, she only experienced one full semester on-campus. The current pandemic caused her following semester to begin remote learning, which was a challenge at first.

Although she is ending her senior year online, Carlson managed to overcome this challenge with the help of the Lynn community. Even so, she qualified to earn a spot on the Dean's List.

"Transferring to Lynn was one of the best decisions I could have made, regardless of the pressure I have experienced throughout these last few years. This also applies to anyone that is in a similar situation and is scared to face these issues," said Carlson.



Above: The year in which Carlson decided to transfer universities as a sophomore. Photo/N. Vannicola.

PLUGGED IN AT LYNN

DIRECTOR OF THE CENTER OF STUDENT INVOLVEMENT DISCUSSES THE IMPORTANCE OF BEING INVOLVED

Jaclyn Kuwik, director of Lynn University's Center of Student Involvement (CSI), had a long adventurous journey before stepping foot on campus.



By: Xavia Williams
Staff Writer

Kuwik's job is to supervise the CSI staff and the CSI assistants, consisting of hard-working students.

After graduating from Florida State, she was still unsure of her true calling yet, Kuwik knew she enjoyed working in an academic environment. This discovery was much different from when she was an aspiring actress in high school.

"It ended up giving me time to do some soul searching and figure out what I enjoy doing," said Kuwik. "I realized the thing that brought me joy was working with college students. Being able to share some of the experiences I've had to help another person's experience."

She attended the University of Georgia, earning her master's degree in student affairs. She worked for the Center of Leadership and Service for two years.

"Working with students is the best part of my job," said Kuwik. "A lot of what we do can be done at a corporate level or a private organization, but I love working with college students because they're at a point of learning and self-discovery. College is a time of growth, a lot of learning along with the ups and downs,

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and I think having people who support you through that period is really crucial. Knowing that every day I can be that person for some of you makes me feel like my job is meaningful.”

Some advice that Kuwik would give to the upcoming freshman is to come to CSI. Despite the peer leaders going out and explaining ways of getting involved, she believes many students have not taken advantage of the things the CSI offers.

“You don’t need to necessarily have to consider yourself a leader or an event planner to be a part of CSI. You can just want to be connected, and it’s our job to connect students to campus,” said Kuwik

Students can visit the Center of Student Involvement on the second floor of the University Center.



Above: Director of Student Involvement Jaclyn Kuwik in her newly decorated office. Photo/X. Williams via iPhone.

FILM FESTIVALS GO VIRTUAL

FILMMAKERS CHRONICLE THEIR QUARANTINE EXPERIENCE

Oolite Arts, a Miami-based visual arts space and creative learning center leading the South Florida contemporary scene, commissioned 12 short works by based Miami filmmakers while in quarantine for a unique micro-film festival.



By: Andrew Saavedra
Staff Writer

Oolite Arts gave Miami filmmakers a concise commission: Create a film limited to three minutes long – in a fortnight – restricted to resources available during the quarantine. The result, Close Quarters Commissions, an online, micro-film festival that demonstrates Miami’s filmmakers’ creativity in trying times and tight spaces.

“We wanted to encourage filmmakers to keep working and help them to continue,” said Jason Fitzroy Jeffers, Oolite’s cinematic arts manager to WLRN.

Utilizing disadvantaged supplies and only their residence and surrounding area as a backdrop, the producer tackled pointed topics in three-minute narratives. These 12 filmmakers worked with minimal pigment to paint the boundless, far-reaching subject matter: working from home to the hardships of unemployment; these filmmakers captured the substance of our new normal.

“We don’t know how long COVID and social distancing will be with us. But we do know that as a community, we need the arts to help us process all that is going on,” said Dennis

Scholl, president and CEO of Oolite Arts to Culture Crusaders.

“New Normal,” the jury selected winning film by Frantzy Moreau, a director with 12 years of experience, provides a narrative from the perspective of young adults in America during the pandemic. Moreau provides insight to iPulse about his artistic influences and personal experiences during the pandemic, inspiring the short film.

What influenced you to get into film?

“Every morning before school, I watched cartoons and anime and wanted to be a cartoonist. Then as I began loving storytelling so much, I started writing short stories, long stories. At 15 (I) started filming with my friend’s camcorder. Then at 16, starting making videos with a digital recorder, and so on and so forth.”

How has your personal experience with pandemic inspired your short film?

“It has inspired it a lot, from the simple mistake of forgetting to wear a mask being such a routine now to the idea of job loss, gov checks, staying home and what people will do to get by during a world crisis.”

If you could extend the runtime of your film, what would you change or add?

“Absolutely, there’s a lot I would add. Specifically, to what the characters would have to do next with the dead body in the house. It can go so many ways and create an interesting conflict.



Above: A scene from Frantzy Moreau’s winning film, “New Normal.” Photo/F. Moreau.

ALUMNI SHARES ADVICE FOR GRADUATES

MBA GRADUATE SHARES INSIGHTS FROM HER PROFESSIONAL JOURNEY

Left: Anne Marie in the old Office of Career and Alumni Connections. Photo/Lynn University.

Lynn alum Anne Marie Connolly, who is now a public relations specialist for The City of Boca Raton, discusses the importance of networking and confidence building.



By: Claire McCabe
Staff Writer

Upon entering Lynn, Connolly wanted to be a sports broadcaster. That was until she took a class with Professor Gary Carlin, where she found her love for public relations. Connolly was very involved on campus during her time at Lynn, as she was a member of the softball team, a RA and CA, a student ambassador and the managing editor for iPulse.

In 2014, Connolly got her bachelor's degree in Multimedia Journalism with a minor in communication and received her MBA in 2016.

"Nowadays, people do not want people who are just good at PR. They want someone that is a jack of all trades. From social media or creating graphics or taking pictures," said Connolly. "Everything that you are learning or being taught in your classes, you know, you really are going to use in your future... I promise!"

After she graduated, she worked in the Office of Career and Alumni Connections as a Community Engagement Professional and was enrolled in the master's program at Lynn. Once she received her MBA in 2016, she worked for the Asset Management company as a social media coordinator.

Her guidance from her boss at the Office of Career and Alumni connections, Barbara Cambia, led her to her current job as the PR Specialist for the City of Boca Raton.

The biggest lesson Connolly has learned in her career so far is making connections and maintaining them.

"Never stop networking and always make a lasting impression. I have met so many different people from so many different industries, which led me to my jobs," said Connolly. "...Honestly, any and every connection that you make.... Make it count."

Connolly wants to inform students to savor every moment because they will miss college once they become an adult if they do not. She encourages students not to be afraid to put themselves out there.

"I think something that I struggled with a lot was having the confidence in myself that I had the tools. I had the skills, I had the personality, to go for the job I wanted to get," said Connolly. "Honest to god, I was underqualified for the current position I am in. They wanted a lot of experience and emergency management and things that I literally had no experience with."

She shares that Cambia and other mentors helped her feel confident about the position she was applying for.

"It just made me that much more confident to be like you know what, I might not have all the skills on this piece of paper that

you're looking for, but this is what I am good at, and this is what I can do for you and how I can be an asset," said Connolly.

She believes nothing should stop someone from applying for a position, as long as they are passionate about the position and dedicate themselves to work.

"Especially being a woman, like don't ever back down and think you're not qualified for a position. Go for it. At the end of the day, it will work out. Anything can be learned; anything can be taught. So apply, get your foot in the door, pick up that phone, and you know, prove to them that you can learn. Don't be afraid. I hope that is one thing you can take away," said Connolly.

Connolly was inducted into the Lynn University Student Leadership Hall of Fame in 2019 and now resides in South Florida with her husband, Travis Connolly.



Above: Anne Marie Connolly receiving her MBA. Photo/A. M. Connolly.

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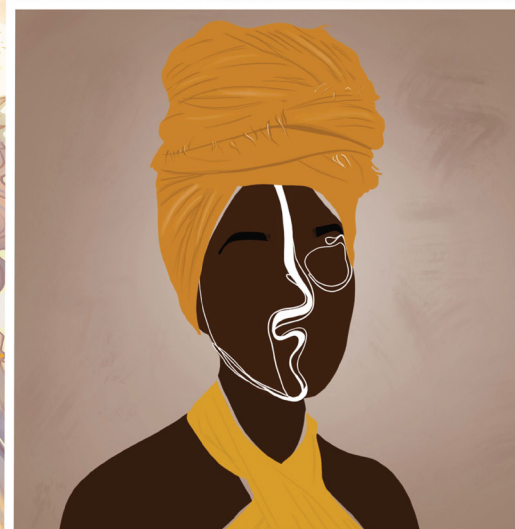
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Students Traditions for the Winter Holidays

Left: Newly hired Miami Marlins
G.M. Kim Ng. Photo/J. Guzy/
USA Today Sports.



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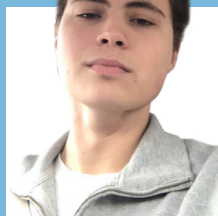
BREAKING BARRIERS

LONGTIME BASEBALL EXECUTIVE BECOMES THE FIRST WOMAN TO HOLD A HIGH POSITION IN THE MLB

Recently, longtime MLB executive Kim Ng was hired as the general manager of the Miami Marlins signaling a shattering of the proverbial glass ceiling for women in sports.

Ng will now serve as the acting general manager of the Marlins

under the leadership of CEO Derek Jeter, whom she worked with from 1998 to 2001 as an assistant G.M. of the New York Yankees. For Jeter and other colleagues of Ng, there was no doubt she was the right person for the job.



By Turner Colton
Staff Writer

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TRAINED TO DO IT ALL

Lynn University Athletic Trainers Adapt To New Changes.

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By Ana Luiza Caovilla

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"The Marlins did not hire her as a woman," said Dan Evans, former MLB executive. "They hired her because she's the most qualified person for the job."

Ng's position is the highest ever held in a major American sport by a woman.

"When I got into this business, it seemed unlikely a woman would lead a Major League team, but I am dogged in the pursuit of my goals," said Ng. "My goal now is to bring championship baseball to Miami. I am both humbled and eager to continue building the winning culture our fans expect and deserve."

The baseball world celebrates the hiring, both as an important event for Ng herself and for sports in their entirety.

"It changes the conversation from, 'Oh, it's never been done,' to 'Oh, well, Kim's doing it so you can do it,'" said Rachel Balkovec, a minor league hitting coach for the Yankees. "It changes the conversation and the idea that people have about what a G.M. looks like."



Above: CEO of Miami Marlins Derek Jeter and Kim Ng standing at home plate of Marlins Park. Photo/J. Guzy.



Above: Kim Ng flaunting her World Series ring from her time as the New York Yankees assistant general manager. Photo/B. Duffy/Getty Images.



Above: Resident Advisors for Lynn Residence Halls including Sara McManus (second row, first on the left). Photo/Housing and Residence

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LYNN STUDENT SHOWCASE

THE COLLEGE OF COMMUNICATION AND DESIGN HOSTS A STUDENT ART SHOWCASE

The College of Communication and Design is hosting its annual student art showcase on the third floor of the Eugene M. and Christine E. Lynn Library.



By: Andrew Saavedra
Staff Writer

More than 70 new pieces of artwork will be on display, representing student work in degree programs such as the BFA in Computer Animation, BFA in Graphic Design, and the BFA in Visual Art and Design in the College of Communication and Design. There will be two categories of awards, including the student selection and faculty favorites. Visitors can vote for their favorite pieces using a new QR voting system for a chance to win a \$50 Amazon gift certificate.

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TRAINED TO DO IT ALL

LYNN UNIVERSITY ATHLETIC TRAINERS ADAPT TO NEW CHANGES

Brian Berg, assistant athletic trainer at Lynn, discussed the challenges of treating athletes during a global pandemic.



By: Emily Christensen
Managing Editor

Berg's typical day at work consists of providing the best possible medical care to all student-athletes, ranging from preventing, evaluating, treating and rehabilitating injuries. However, COVID-19 has put a toll on this routine.

Berg and the rest of the trainers are required to follow the policies and procedures put in place by both the university and their team of doctors who assist alongside the trainers. Procedures include daily questionnaires to monitor any symptoms, temperature checks before each practice session and mandatory masks. Athletes are also required to schedule appointments ahead of time due to the limited number of athletes allowed to be in the athletic training room.

"We have tried to keep things as similar as possible to pre-COVID in a safe manner when it comes to treatments," said Berg. "However, due to limits to the number of

athletes that we can see in a day, we have relied heavily on athletes being proactive and continuing to work on the rehabilitation that they have done with us on their own as well."

Not only this, but numerous manual therapies are not being done as frequently or in some cases at all in efforts to reduce close contact with athletes. These changes may seem small, but many athletes struggle mentally and physically to adapt to them.

"The biggest struggle I have noticed both pre-COVID and now when an athlete is recovering from an injury is the mental side of it," said Berg.

Berg's number one tip for student-athletes recovering from an injury is to stay mentally strong. The athletes need to remember why they started and that injuries take time, much like a global pandemic

"[Student-athletes] have a support system that is there for them should they need it in the Lynn University family, both in and out of the athletic department," said Berg.



Above: Brian Berg's headshot for Lynn University Athletics. Photo/Lynn Athletics.

SECRETS TO SUCCESS

LYNN STUDENT-ATHLETE SHARES ADVICE FOR BALANCING A BUSY SCHEDULE

Right: Josh Skielnik running at the Sunshine State Conference meet in 2019. Photo/Lynn Athletics.

Josh Skielnik, an entrepreneurship major, intends on paving his way through the business industry with his determined attitude. Skielnik who is a student-athlete who works two jobs recently discussed his best tips for balancing it all.



By: Emily Christensen
Managing Editor

Skielnik typically begins his day with cross country practice at 6 a.m. He will grab a bite to eat and then take a quick power nap to get him through the day. The naps are crucial, especially when Skielnik is working late into the night.

Afterward, he tries to knock out his work at a marketing and production agency called BrandStar, and a business consulting company called Mentorship.CLUB.

Once the afternoon rolls around, Skielnik completes his schedule by logging onto his class via Zoom.

"I definitely put the most emphasis on my coursework," said Skielnik, junior.

Although logging on to class is sometimes the last part of Skielnik's schedule, it is definitely not the least. Skielnik's number one priority is school. Skielnik also recommends other students to prioritize the important matters of work while having a busy schedule.

"I think you should be aware of your own limits," said Skielnik. "Make sure that you are not spreading yourself too thin and make sure you are mentally sharp and in the game."

Completing everything in just a short day can be overwhelming, but the biggest thing that helps Skielnik is taking breaks and spacing things out. Taking breaks allows Skielnik to stay mentally focused.

"My biggest trick is to focus on one task at a time," said Skielnik.

The weekends are Skielnik's only days off, which are crucial days for him to reset and recharge. On these days he enjoys relaxing at the beach or taking long bike rides.



Above: Josh Skielnik working diligently on his homework. Photo/E. Christensen.



Above: Josh Skielnik gives a serious stance on media day. Photo/Lynn Athletics.

BEING A PROFESSOR AT LYNN AND COVID-19

A NEW STYLE OF TEACHING

Professors at Lynn have been adjusting to the new way of life on campus. COVID-19 has forced schools and universities to adapt to social distancing rules to keep their students safe.



By: Rhema Phillips
Contributing Writer

"That has been probably the hardest part about transitioning for COVID. And just missing those kinds of interactions or special 'ah-ha' moments that a student might have when we are doing something that is very hands-on in terms of learning, I miss those interactions," said Jennifer McFarland, assistant professor.

Lynn uses block scheduling to minimize interaction between students during the semester. They also created a system where half of the class is learning in person two days a week, and the other two days, they are learning online. However, this system sometimes presents a challenge to the professors.

"There are benefits and drawbacks to it. I would say that it makes an interesting challenge to try to engage students in

a classroom and students virtually. Because there are two different ways of connecting with your class and you are trying to do it at the same time," said Kathryn Hamm, assistant professor.

Even though the way students are learning has changed from previous semesters, Lynn has done an excellent job of transitioning their campus to fit COVID-19 safety standards. They made it easy for students to learn, contact their professors, and still enjoy campus life while, at the same time, staying safe.

"I think, for the most part, we didn't really miss a beat. We still did all of our projects that we were supposed to be doing," said Professor McFarland. "It was just in a new channel or a new medium, and it was interesting to see how seamlessly it really came together."

Lynn has been making the most out of the COVID-19 situation developing a safe environment for professors to work. Professors have adjusted their teaching styles and Student Involvement has been working hard to keep the campus fun, safe and lively.



Above: Assistant Professor Jennifer McFarland is also the Director, College Recognition and Reputation. Photo/LU Photos.



Above: Assistant Professor Kathryn Hamm is also the assistant coach of the Lynn Debate Team. Photo/LU Photos.

CELEBRATING HOLIDAYS AROUND THE WORLD

STUDENTS TRADITIONS FOR THE WINTER HOLIDAYS

Students share their cultural traditions and favorite things during the holidays, including their cultural traditions.



By: Federica Pezzana
Staff Writer

A typical holiday tradition is to spend time with family. But certain practices are different around the country and the world.

Lynn has a healthy international population, and many students celebrate the holidays in different ways. iPulse found out that students love to go back home to spend time with their family but eating homemade food is a highlight.

Karolina Smylek, who is from Poland, shared her holiday traditions. "We never get out the Christmas tree before the 24th, and we all decorate it together throughout the day," said Smylek. "Then I open the gift with my family on the same day, and with the rest of the relatives we celebrate on actual Christmas day."

Clara Monges is from France, and she described her family traditions. "I usually open the gifts on Christmas Eve after having a buffet with my family," said Monges. "We usually hang some Lindt chocolate hanging in the tree for each member of the family, and we listen to Celine Dion Christmas songs."

Rorie Good is from the United States and describes holiday rituals. "We start the celebration on Christmas Eve by going to

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my friends' house, but something that I really like to do on Christmas day is watching the Polar Express and Love Actually while drinking hot chocolate and eating Milano's cookies."

Mary Aleman is from Honduras and explains what her family does. "My Christmas is pretty basic, but a specific tradition we have in our family is during New Year's when my whole family eats 12 grapes when it is exactly 12 a.m.," said Aleman. "Each grape represents each month, and before eating them, we think of a wish."

Ella Richardson is from Australia, and she describes a holiday treat that is made each year. "I can't wait for Christmas because my auntie always makes chocolate ripple cake," said Richardson. "When it comes to tradition, I definitely love decorating the tree with my family while listening to Christmas songs."



Above: Chocolate ripple cake.
Photo/westernstarbutter.com.

Another student from the United States lists her favorite holiday treat. "I am from Vermont so what I always eat is eggnog waffles with maple syrup," said Emily Haynes. "Besides, the biggest celebration is on Christmas Eve dinner with my family's close friends."

ART FOR THE FEW OR THE MANY?

NATIONALIZING THE ART INFRASTRUCTURE

This is an editorial article, and therefore, represents the opinions of the writer.



By: Andrew Saavedra
Staff Writer

Lacking a government deployed nationalized infrastructure to support artists, the first eight months of the pandemic has amounted to a frantic, clumsy and inefficient effort to reduce the mortality rate.

After the pandemic, President Trump signed a relief bill allocating \$300 million to cultural organizations, which trickled down to institutions before making its way to individual artists. Relative to the \$4.5 billion in immediate losses in the arts and culture sector reported by Americans for the Arts, this effort was wasted.

While volunteer organizations may buy time this way, individuals cannot. Springboard for the Arts is an arts organization that helps build community and economic opportunities for artists. The fund usually sees about two to four applications

a month. The program received 887 applications in March and distributed \$192,000.

A report produced by Mid-America Arts Alliance, a non-profit regional arts organization, stated that 81.5 percent of artists surveyed had lost their income, and 37 percent have lost between three to five gigs.

"Based on the almost 11,000 organizations that have reported, median [losses] are about \$34,000 per organization, due to closures, cancellations, and rescheduling... That's not recoverable," said Ruby Lopez Harper, senior director of Local Arts Advancement at Americans for the Arts, told Hyperallergic, an online arts magazine.

The public can and should write to their senators to initiate plans for a government grant program that directly funds artists based on merit judged by the local art institutions. If the public does nothing before the pandemic is over, many artists will change career paths rather than using their artistry to contribute to cultural value.



Above: Art during COVID-19, woman looking at a Mona Lisa painting wearing a face mask. Photo/Cottonbro via Pexels.



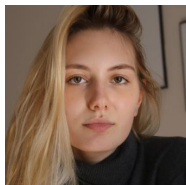
REMINISCING ON THE PAST

SARA MCMANUS OPENS UP ABOUT
COLLEGE EXPERIENCES

Left: Sara McManus, senior multimedia journalism major and a resident assistant for EML Residence Hall.

Sara McManus, senior, reflects upon her experiences as her final semester at Lynn approaches.

McManus, originally from New York, came to Lynn in 2018 to embark on a promising journey. Since then, she has taken multiple responsibilities at the university and helped the students and departments in various ways.



By: Ana Luiza Caovilla
Staff Writer

only get these years to do the best you can, and I don't want to waste them."

McManus is known as a hard worker, but she is also known as an excellent friend. She explains the importance of having friends and how happy she is to harvest meaningful friendships. Without attending Lynn, she would not have had the opportunity to meet the friends she has today.

"I am so happy I chose Lynn because I have some of the best friendships that will last after college," said McManus.

With big dreams, experience, and a lot of hard work, McManus hopes to finish college and embark on a journey as a successful

TV news anchor. Although McManus looks forward to the future, she will always be fond of her past and the memories Lynn has provided.



Above: Sara McManus' welcome board for the students she oversees in the residence hall.

"Being a student leader on campus has allowed me to meet other students, connect and build meaningful relationships," said McManus.

McManus is also extremely dedicated to working on her future career as a TV journalist. Throughout her college career, she has focused a lot of her time producing and writing content for Lynn University's newspaper, iPulse. She has also been able to get jobs in multiple fields and internships with successful companies, making her well known on campus as a hard worker.

"I have been really focusing on my future and trying to embrace every opportunity the school has to offer," said McManus. "You



Above: Resident assistants for Housing and Residence Life at Lynn, including Sara McManus (second row, first on the left). Photo/Housing and Residence Life.

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